

Restaurant quality meals delivered FREE by friendly volunteers

MEALS ON WHEELS TWEED

CHSP
PRICING

Snap Frozen Meal Menu - Great Taste and Excellent Value

Main Meals \$6.50	
BBQ Sausage with potato, broccoli, baked beans	DE
Beef Pot Roast with mashed potato, carrot, peas	DE
Beef Rissoles with a tomato herb sauce & veges	AD
Beef Stroganoff with mashed potato & veges	D
Cottage Pie mashed potato, topped with cheese	AD
Creamy Beef Rissoles with mashed potato & vege	AD
Curried Sausages with mashed potato & veges	DE
Macaroni & Mince in a creamy sauce with cheese	A
Spaghetti Bolognaise zucchini, eggplant, leek	
Chicken Mango roast potatoes & veges	D
Chicken Casserole roast potatoes & veges	DE
Chicken Mushroom with roast potatoes & veges	D
Honey Soy Chicken stir fried rice & veges	DE
Roast Chicken Breast cream potatoes & veges	D
Sweet & Sour Chicken steamed rice, mixed veges	BDE
Mediterranean Lamb Bake veges & creamy sauce	AD
Pork Sausage onion gravy, mashed pot & veges	DE
Pork Steak Diane cream potato & veges	D
Barramundi Lemon Butter basmati rice & veges	AD
Crumbed Whiting with wedges & veges	A
Brown Rice Vege Patties potato/ swt pot & beans	ADEG
Coconut Dahl lentils, basmati rice, spinach	ADEG
Creamy Pesto Pasta with veges	F
Mushroom Casserole mashed potato & spinach	ADF
Spaghetti Veganaise vegan bolognaise sauce	BEG
Spinach & Ricotta Tortellini roast pumpkin & veg	F

Main Meals \$7.50	
BBQ Beef Brisket, BBQ sauce, veg, mac & cheese	
Corned Beef with white sauce, mash & veges	D
Mexican Beef & Bean tomato salsa & basmati rice	AD
Roast Beef mashed potato, pumpkin & peas	DE
Spaghetti Meatballs in a rich tomato sauce	
BBQ Chicken with roast potato & veges	DE
Butter Chicken with spinach & rice	D
Chicken Parmigiana with roast potatoes & veges	
Curried Chicken with basmati rice & veges	D
Chicken Carbonara with creamy sauce & bacon	
Lamb Keema curry in tomato sauce, rice & veges	ADE
Roast Lamb mint gravy, roast potato & veges	DE
Roast Pork apple gravy, pumpkin mash & veges	BD
Curried Prawns with asian greens & rice	D
Garlic Prawns with creamy sauce, rice & veges	D
Prawn & Chorizo Pasta with creamy tomato sauce	

Main Texture Modified \$6.50	
Barramundi Lemon Butter potato, carrots & peas	AD
Chicken Mushroom sweet potato mash & peas	AD
Corned Beef white sauce mash potatoes & cauli	AD
Cottage Pie mash potato sprinkled with cheese	AD
Lamb Casserole potato carrots & broccoli	ADE
Lamb Roast mint gravy pumpkin mash & broccoli	ADE
Roast Beef cream potatoes pumpkin & peas	ABDE
Roast Chicken Breast potato pumpkin & peas	ABCD
Roast Pork apple gravy potato pumpkin & broccoli	ABD
Texture grade is IDDSI Level 4	



Meals on Wheels™
Tweed

Turnock Street, Kingscliff
02 6674 2205
tweedmeals.org
accounts@tweedmeals.org

DIET KIT LEGEND

A = Soft B = Low Fat C = Low Salt D = Gluten Free E = Dairy Free F = Vegetarian G = Vegan

Restaurant quality meals delivered FREE by friendly volunteers

MEALS ON WHEELS TWEED

CHSP PRICING

Snap Frozen Meal Menu - Great Taste and Excellent Value

Mini Meals \$5.00	
Beef Rissoles with potato bake & veges	AD
Beef Stroganoff with basmati rice & veges	D
Corned Beef with white sauce, mash & veges	D
Cottage Pie mash pot, topped with cheese & veges	AD
Mince Potato Bake with veges	AD
Slow Cooked Beef mashed potato & veges	DE
Spaghetti Bolognaise zucchini, eggplant, leek	
Butter Chicken creamed spinach & basmati rice	D
Chicken Carbonara with creamy sauce & bacon	
Honey Soy Chicken with stir fried rice	DE
Korean Chicken sweet soy sauce with rice & veges	DE
Roast Chicken Breast cream potatoes & veges	D
Sweet & Sour Chicken steamed rice & veges	BDE
Lamb Moussaka mince, pot, veg & creamy sauce	AD
Roast Lamb mint gravy, mashed potato & veges	DE
Roast Pork apple gravy, potato, pumpkin, broccoli	D
Barramundi lemon sauce, potato & veges	AD
Curried Prawns with asian greens & rice	D
Garlic Prawns creamy sauce, rice & veges	D
Vegetable Mornay veges, creamy sauce & cheese	D



Meals on Wheels™

Tweed

Soups \$2.50	
Beef & Vegetable	BDE
Chicken & Corn	DE
Chicken Noodle	E
Corn & Bacon Chowder	D
Creamy Chicken & Vegetable	BD
Minestrone	BE
Pea & Ham	ABDE
Potato & Leek	ABD
Pumpkin	ABCD
Creamy Tomato	AD
Desserts \$3.00	
Apple Crumble	CD
Berry Crumble with custard	CD
Bread & Butter Pudding	C
Chocolate Mousse with cream	AC
Double Chocolate Pudding	AC
Lemon Cheesecake	AD
Lemon Cheesecake Mousse	ACD
Fruit Pavlova	ACD
Rice Pudding	ABCD
Sticky Date Pudding with caramel sauce	A
Tiramisu	AD
Vanilla Tea Cake & Custard	C



Meals on Wheels™
Tweed

Heating times may vary with microwave strength

Mini meals - 4 to 5 1/2 minutes on high
(instructions on pack)
DO NOT THAW

Soups - 3 to 4 minutes on high
from frozen
(instructions on pack)

Main meals - 4 1/2 to 6 minutes on high
(instructions on pack)
DO NOT THAW

Desserts - thaw in refrigerator



DIET KIT LEGEND

A = Soft B = Low Fat C = Low Salt D = Gluten Free E = Dairy Free F = Vegetarian G = Vegan